













negative thoughts that are common to this group of people. The use of VR to subsequently relax and ease stress had a positive impact on the therapy and made it more effective.

The research resulted in the finding that virtual reality has a generally positive impact on a person's mental state. It may be assumed that it will be used much more in various areas of healthcare. It is inevitable that this modern technology will continue to be developed and refined, making it even more widely applicable in supporting mental activity.

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